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GUILTY PLEASURES GET HEALTHY MAKEOVERS. PAGE 18

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# Beer brews beauty on blighted blocks

**Beers up.** Philly’s beer gardens have helped transform several decaying neighborhoods. PAGE 02

Philly’s most popular beer gardens have helped reenergize several run-down communities. / M. FISCHETTI FOR VISIT PHILADELPHIA

## Fortune-teller lands in court over thefts

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## Caitlyn Jenner makes world debut

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## The best of Metro.us

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3 'Daybreaker: The 6 a.m. rave that could be a cult'

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# Blight turns to beautiful beer gardens in Philly

**Beer is good.** Our love of drinking craft brews is serving a larger purpose in the neighborhoods, say beer garden operators.

The Independence Beer Garden is among Philadelphia's thriving beer garden scene. / FILE PHOTO

Last summer, the Pennsylvania Horticultural Society's beer garden at 15th and South streets drew 52,000 visitors to a place that was previously just another vacant lot. That success has prompted PHS to open a second beer garden this summer, much farther south at Ninth and Wharton.

But PHS already has a little South Philly competition, in what some might consider an odd spot for a pop up: Point Breeze Avenue at Tasker Street. It's one of the most unique beer gardens opening in the city this summer because it will turn a blighted block into a beloved watering hole.

The latest beer garden in South Philly is from John Longacre, who owns South Philadelphia Tap Room and American Sardine Bar and Brew. Compared with other beer gardens, Longacre called his the most "anomalistic location."

"It's one of the most blown-out sections of the city," Longacre said. "It's on a former commercial corridor that is no longer commercial. This site has been vacant for 20-some years."

Announcement of the Point Breeze Pop Up garnered mixed reactions, though Longacre said overall the neighborhood responded positively: "We've had hundreds and hundreds of positive responses and eight protesters."

Of those, Longacre remarked that the most prominent protest came from parents who didn't want their children to witness alcohol consumption in the neighborhood. But, says Longacre, "the reality is that we cleaned up 30 magnum gun shells, condoms, syringes, you name it, from that lot."

Other uses planned for the space include a farmers market, a community supported agriculture drop-off site and a flea market.

"We try to bring amenity-based, service-oriented businesses that neighborhoods actually want. We do it through strategic private sector investment — nothing subsidized, all out of our own pocket," Longacre said.

"We want to prove that the private sector can invest in neighborhoods and be successful. We want to revitalize that corridor back to a thriving corridor like it once was."

The horticultural society agrees that beer gardens are helping transform decayed areas of Philly.

"We're bringing a touch of beauty to a block — to a site that's usually been empty and sometimes blighted," said Alan Jaffe, director of communications at PHS. "People get to understand what they can do in their own neighborhoods with empty spaces: How they can transform spots that have been neglected into something more beautiful."

MADELINE PRESLAND
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New

### Adding to the ranks

The two PHS beer gardens opened Monday, and the Point Breeze location is new enough that full reception of it is yet to be determined — but expectations are high.

"There were some controversies in the beginning, especially while he was going through the zoning process," says Anthony Coratolo, board president of the Newbold Neighbors Association, of Longacre's Point Breeze Pop Up.

"But that's true in all parts of the city. Developers and neighborhood people don't always agree. But in the end, I think there's been a lot of positivity."

# Two more legislators plead guilty after sting

Two more elected officials caught accepting illegal gifts in a controversial undercover sting pleaded guilty Monday to criminal charges, District Attorney. Seth Williams announced.

State Rep. Ronald Waters (D-Philadelphia) and former State Rep. Harold James pleaded guilty in Dauphin County to felony conflict of interest charges today.

According to the DA, Waters pleaded guilty to accepting $8,750 for "voting against specific legislation, setting up and attending meetings with an executive at the Philadelphia Parking Authority, and contacting an elected official to help the [informant's] friend get a job."

James pleaded guilty to accepting $750 "for his special election reelection campaign and offering to further sell his services to the [informant]," the DA said in a statement.

"Reps. Waters and James, both of whom I know and call friend, have ended their distinguished careers by taking responsibility for their actions, and I appreciate that, because the evidence clearly shows that they broke the law," Williams said in a statement.

Waters, in hidden camera footage from the sting
PHILADELPHIA DA'S OFFICE

Waters was previously outed as an alleged recipient of an illegal gift when the Philadelphia Inquirer revealed in March 2014 that Attorney General Kathleen Kane had shut down an undercover sting into political corruption without pressing charges.

The sting, launched by then-Attorney General Tom Corbett, used an undercover operative who posted as a lobbyist seeking influence in the Harrisburg State House — and secretly recorded and videotaped conversations with sitting officials in which he offered gifts for promised favors.

Williams took over the case in June 2014, and has since pressed charges against all five Philadelphia Democrats named in the original Inquirer report, as well as one previously not named, former state Rep. James.

Former Traffic Court Supervising Judge Thomasine Tynes, who was implicated in the same sting, has already pleaded guilty and admitted accepting a $2,000 Tiffany bracelet in exchange for favors.

Court dates are scheduled for the other indicted State Reps snared in the sting: Louise Williams Bishop on June 5, Michelle Brownlee on June 8 and Vanessa Lowery Brown on July 13. SAM NEWHOUSE

A crystal ball / GETTY IMAGES

# Fortuneteller faces trial for 55 counts of theft

**Cursed.** A 38-year-old woman is accused of a crime because she promised clients she could lift their "dark clouds."

A Philadelphia woman went on trial Monday for the rarely prosecuted offense of fortunetelling, accused of persuading a client she could lift a cloud of "spells and curses" in exchange for payments that likely reached thousands of dollars.

April Uwanawich, 38, of Philadelphia faces 55 counts of fortunetelling, theft by unlawful taking and theft by deception in the Chester County Court of Common Pleas.

She is accused of approaching Jennifer Gardiner in 2009 at a convenience store, where she identified herself as a fortuneteller and said she could rid Gardiner of her "dark cloud," according to a police complaint.

During the following two years, Gardiner met with Uwanawich on a regular basis, "continually paying Uwanawich to work on her life, to rid it of evil and to get rid of spells and curses," the complaint read.

Gardiner was persuaded to stop taking prescribed mental health medication and to buy candles, oils, perfumes and crystals to help ward off evil spirits, it said.

Her financial loss probably ran into "tens of thousands of dollars," but only about $10,000 could be verified, the complaint said.

Uwanawich has two previous arrests for fortunetelling fraud in Chester County, according to court records.

She pleaded guilty in 2009 to stealing $23,000 from a woman to remove a curse and in 2011 to taking $35,000 from another woman to remove a dark cloud over her head.

She was ordered to pay court costs in the first case and received two years of probation in the second, records showed.

Uwanawich faces a cumulative life sentence if convicted of all 55 counts and sentenced to the maximum on each. REUTERS

# Cold case. New push to find South Jersey boy missing for 23 years

Federal and state investigators in New Jersey are hoping renewed attention could help crack a 23-year-old cold case over a missing South Jersey boy.

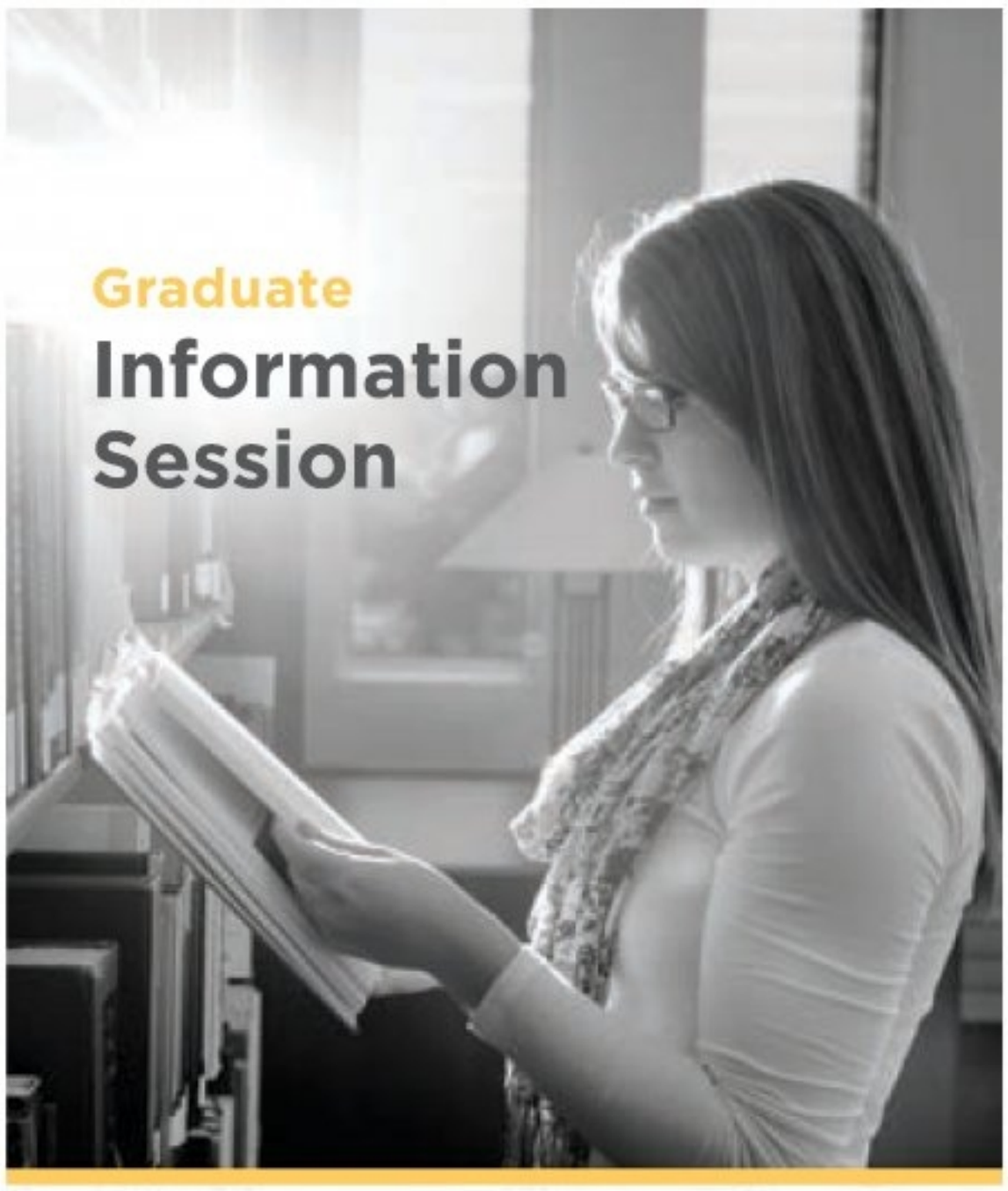
Mark Himebaugh, 11, disappeared from Del Haven in Middle Township, New Jersey, in November 1991 after he had apparently gone to check out fire department activity near his home. Some news accounts say he was last seen playing with an unidentified girl. Investigators found his left shoe on the beach about 75 yards from his home.

Himebaugh was taking the antidepressant Prozac at the time of his disappearance and was known to have tantrums and outbursts, investigators said.

Roughly 30 investigators conducted a review of the case in February. Law enforcement officials today are set to announce additional assistance from the National Center for Missing and Exploited Children Project Alert Program. About 170 retired law enforcement investigators contribute to Project Alert.

Mark Himebaugh / PROVIDED

Investigators believe Himebaugh was abducted by a stranger. DAN KELLEY

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## Lights, camera ... action!

Kristen Smith, right, records the dazzling light show Monday inside the Look pavilion, one of five immersive sculptures on Eakins Oval called Future Sensations. / CHARLES MOSTOLLER

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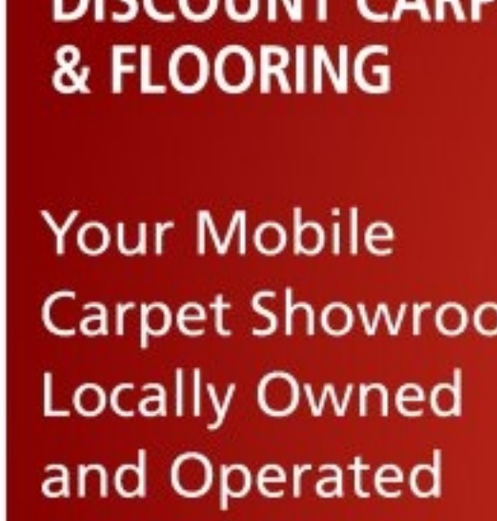

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## JOE CASEY

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Send your questions about SEPTA services and other issues about the transit agency to dan.kelley@metro.us. They will be forwarded to Joe Casey, who will answer them in a special monthly column here.

# ASK SEPTA: FINDING A SEAT ON THE NITE OWL BUS

**The Market-Frankford train line shuts down after midnight during the week. Why is it only replaced with one shuttle bus for those passengers? Why isn't there a double bus or two buses following each other on that line? Last night was the first and last time I ride that packed bus. It was awful. How can you have all those train cars go to one bus? Please explain your reasoning.**

When the Market Frankford Line was converted to bus for Nite Owl service, ridership checks determined that a standard size transit bus, with more frequent service (every 15 minutes for the bus vs. every 30 minutes for the trains) was adequate.

Over time there have been changes in ridership and we have found that there are some trips, even with more frequent service, that warranted a larger vehicle. Sixty-foot articulated vehicles were provided on these trips to address this issue.

We will continue to monitor ridership to determine if more articulated vehicles on the line are required. Service on Friday and Saturday nights, where ridership is highest, is now provided by trains.

**I live along Richmond Street in Port Richmond. They recently repaved the street, but have yet to replace the trolley tracks which are crucial for moving people around. When can we expect to see crews out, laying down tracks on Richmond Street?**

The existing SEPTA trolley facilities in the area will be renewed as part of PennDOT's I-95 Reconstruction Project.

Find out what you need to know about SEPTA at Metro.us. / FILE PHOTO

Quoted

"Even if a decision were made by Montgomery and Bucks counties to reestablish service, significant capital investments to the line would be necessary."

Currently, PennDOT's timetable to complete reconstruction of Richmond Street including the trolley tracks is the fall of 2017.

SEPTA will continue to run alternate bus service in the area until the completion of the Richmond Street reconstruction.

**Will the Quakertown stop open anytime in the foreseeable future? They're pushing a revitalization project in downtown and I know a few people up here who would love to not drive 30 minutes to Lansdale.**

Although the SEPTA Bethlehem Branch has been inactive as a passenger rail service for over 30 years, planning studies have been conducted over the past five years to explore the viability of returning service to as far as Pennridge, Bucks County (south of Quakertown).

No decisions, however, have been made as to if, and when such service may return. Even if a decision were made by Montgomery and Bucks Counties to reestablish service, significant capital investments to the line would be necessary and certainly could not be opened in the foreseeable future.

# Painful Varicose Veins & Swollen Legs?

Varicose veins are more than a cosmetic problem. They are associated with **Deep Vein Thrombosis (DVT)** and **Pulmonary Embolism (PE)**, both of which claim up to **300,000 lives** a year in the United States.

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# Caitlyn Jenner makes debut on cover of Vanity Fair

Caitlyn Jenner, formerly known as Bruce, has made her magazine cover debut on the July issue of Vanity Fair. Shot by famed photographer Annie Leibovitz, Caitlyn sits against a metallic background in a white single-piece bathing suit. It's a stunning debut. Caitlyn publicly announced her transition to womanhood in an emotional televised interview with Diane Sawyer, after months of media speculation. Jenner, who has been prominently featured as the patriarch on E! Entertainment's "Keeping Up with the Kardashians," will star in an E! documentary this July chronicling her new life as a woman. **MATT LEE**

Vanity Fair writes: *"Meet Caitlyn Jenner, Vanity Fair's July cover star. Pulitzer Prize–winning contributing editor and author of Friday Night Lights Buzz Bissinger, who was given unfettered access to Jenner and her family, chronicles the tensions, traumas, and courage that shaped Caitlyn into the woman you see today. Annie Leibovitz shoots the first portraits of Caitlyn, which were taken in her Malibu home."*

**Quoted**

**"Soon as the Vanity Fair cover comes out, I'm free."**

**Caitlyn Jenner** said in a video promoting the Vanity Fair issue

**Tweeted**

**"I'm so happy after such a long struggle to be living my true self. Welcome to the world Caitlyn. Can't wait for you to get to know her/me."**

**Caitlyn** from her new twitter account

Jenner at the 1976 Olympic Games / GETTY IMAGES

# Five things you

## 1 Year after crash, Tracy Morgan vows comeback

Tracy Morgan says his very last memory of the night he was nearly killed when a Wal-Mart truck rear-ended his limo is a happy one of the friend who didn't survive.

Through tears that sometimes seemed stained with survivor's guilt, Morgan said the only memories of the horrific accident on the New Jersey Turnpike that put him in a coma for weeks and through a year's worth of rehab are the ones seen in TV news coverage.

The last image from that night — exactly one year ago this coming Sunday — is his 62-year-old pal and mentor James McNair's victorious grin.

It was that smile that hits any artist when they know they've connected with their audience.

In a heart-tugging eight-minute interview with Today's Matt Lauer, Morgan broke down several times when discussing McNair.

"The last time I saw Jimmy, Jimmy wrote a joke for me. It was a Donald Sterling joke. I asked him to come with me the day before, and he said, 'I'll be there. I love you. Peace.' We went there, and we did the show, and I did the joke, and everybody got applause breaks. And I looked to the side, and I see Jimmy standing there laughing, and that was the last time I [saw] him alive."

He's working on returning to that Morgan, or a variation of him, one day at a time.

**JOHN A. OSWALD**

TRACY MORGAN
PETER KRAMER / TODAY SHOW

## 2 Baltimore posts worst monthly murder toll since 1972

Baltimore recorded 43 murders in May, police said on Monday, the deadliest month in more than 40 years.

The Baltimore homicides were the most in any month since August 1972, when the city recorded 45 murders, according to police data. Three fatal shootings occurred on Sunday.

The city has tallied 116 murders so far this year, up from 81 in the same period in 2014, police said.

Black males made up most of the May murder victims in the majority African-American city.

**REUTERS**

ANNIE LEIBOVITZ, VANITY FAIR

# need to know

## US top court backs Muslim denied job over headscarf

The U.S. Supreme Court ruled in favor of a Muslim woman who sued for discrimination after being denied a sales job at age 17 at an Abercrombie & Fitch store in Oklahoma because she wore a headscarf for religious reasons.

In an 8-1 decision in the important religious rights case, the court backed Samantha Elauf, who had been rejected under Abercrombie's sales staff "look policy" after coming to her job interview wearing the headscarf, or hijab, used by many Muslim women. REUTERS

## Uber targeted by Toronto amid cabbie protest

Taxi drivers packed a courtroom in Canada's largest city as Toronto stated its case that the Uber ride-sharing service should be regulated, as are the traditional cabs.

Toronto is seeking an injunction to stop Uber from operating unless the San Francisco-based company agrees to comply with Toronto's demand that all Uber drivers be licensed and that the company itself obtain brokerage licenses to operate.

Outside city hall, taxi drivers parked three-deep and beeped their horns while others moved in a slow procession through downtown, clogging much of the business district. REUTERS

## Man convicted of stalking Mila Kunis escapes from Calif. facility

A man convicted of stalking actress Mila Kunis has escaped from a Los Angeles-area mental health facility by breaking out of a bathroom window, authorities said.

Stuart Lynn Dunn, 30, left the locked Olive Vista Behavioral Health Center in Pomona, a community less than 30 miles east of Los Angeles, on Saturday evening.

Dunn was supposed to be taking a shower when he broke out of the facility. REUTERS

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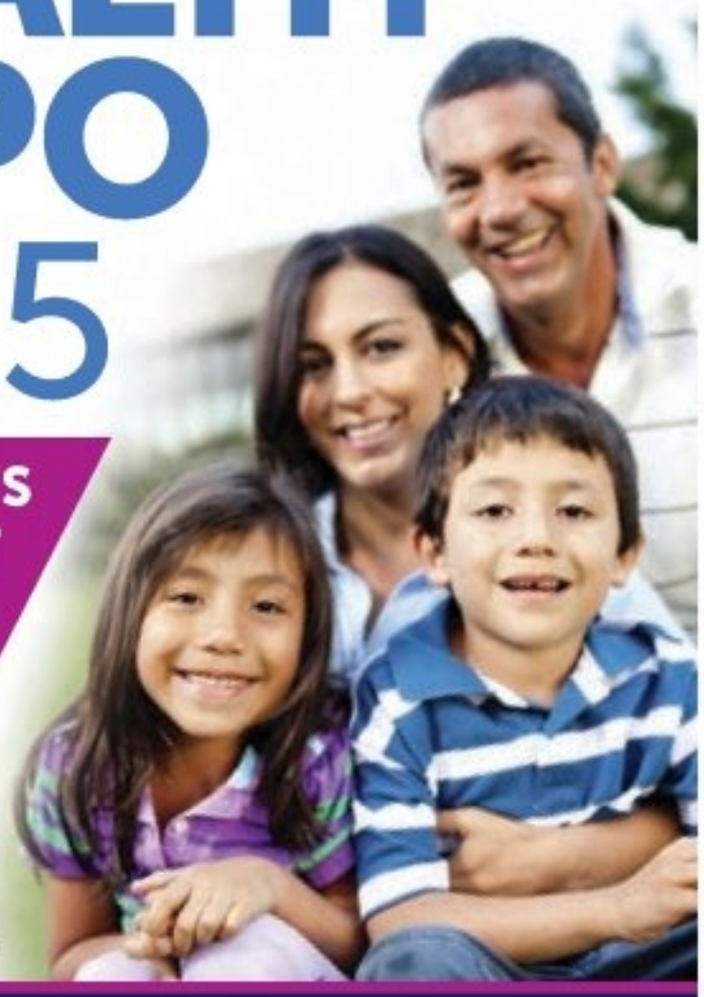

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# Senate lets NSA spy program lapse, at least for now

**In addition.** U.S. law enforcement and security agencies will lose authority to conduct other programs.

Sen. Debbie Stabenow and Sen. Charles Schumer / GETTY IMAGES

The legal authority for U.S. spy agencies' collection of Americans' phone records and other data expired at midnight on Sunday after the Senate failed to pass legislation extending the powers.

After debate pitting Americans' distrust of intrusive government against fears of terrorist attacks, the Senate voted to advance reform legislation that would replace the bulk phone records program revealed two years ago by former National Security Agency contractor Edward Snowden.

Although the Senate did not act in time to keep the program from expiring, the vote was at least a partial victory for Democratic President Barack Obama, who had pushed for the reform measure as a compromise addressing privacy concerns while preserving a tool to help protect the country from attack.

But final Senate passage was delayed until at least Tuesday by objections from Sen. Rand Paul, a libertarian Republican presidential hopeful who has fulminated against the NSA program as illegal and unconstitutional.

In addition, U.S. law enforcement and security agencies will lose authority to conduct other programs.

Those allow for using "roving wiretaps" aimed at terrorism suspects who use multiple disposable cell phones, permitting authorities to target "lone wolf" suspects with no connection to specific terrorist groups and making it easier to seize personal and business records of suspects and their associates.

REUTERS

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## Intel to buy Altera for $16.7B in its biggest deal ever

Intel Corp. agreed to buy Altera Corp. for $16.7 billion as the world's biggest chipmaker seeks to make up for slowing demand from the PC industry by expanding its lineup of higher-margin chips used in data centers.

By combining with Altera, Intel will be able to bundle its processing chips with the smaller company's programmable chips, which are used to speed up Web searches, among other things.

Intel said on Monday it would offer $54 per share for San Jose, California-based Altera, a 10.5 percent premium to Altera's close on Friday.

The Altera headquarters in San Jose, Calif. / GETTY IMAGES

The deal valued Altera at about nine times forward revenue, according to Thomson Reuters data.

"It seems very high to me," Stifel, Nicolaus & Co. analyst Kevin Cassidy told Reuters. "The last one I remember that was close was Broadcom buying NetLogic at eight times forward revenue, and that didn't turn out very well for Broadcom." REUTERS

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# Wearable. Device provides continuous fetal monitoring

The data collected is of high enough quality to be useful for clinicians and researchers. / GETTY IMAGES

Israeli medical experts have developed a wearable mobile monitor to keep a close watch on pregnant women and their fetuses as they go about their everyday lives.

The PregSense monitor has sensors woven into an elastic harness to provide data around the clock on the status of the fetus and the mother's health in the later stages of pregnancy.

A bluetooth-enabled device attached to the monitor collects and transmits data such as the mother and baby's heart rates to a smartphone and stores it on a secure cloud-based database accessible only to expectant mothers and their physicians.

The device is the work of the Nuvo Group, led by Oren Oz. He says a smartphone app will eventually provide a visual representation of the data gathered by the wearable monitor.

"Now you can see both you and the baby, the heart and all the data. What you are going to get in the app eventually is visualization that can tell you where the hand is. You're going to see if the baby is awake. You can hear your baby's heartbeat anytime you want, and obviously everything about you as the mom — the activity, if you are relaxed, how you sleep, your activity, your heart activity — everything about your pregnancy will be put into data," he explained as he demonstrated the device for mother-to-be Michal.

Oz founded the Nuvo Group with another pregnancy technological innovation, Ritmo, a strap allowing mothers to stream soothing music from a smartphone to gently stimulate the fetus.

The Israeli tech firm hopes the device will reassure anxious mothers like Michal, in week 32 of her pregnancy, who require monitoring without having to see her doctor. REUTERS

Quoted

**"It connects me a lot more with the fetus. I'll hear the fetus whenever I want, and it will be easier for me. I also won't have to be dependent on a doctor. At any given time, I'll be able to connect, to see and hear."** Michal

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2

CULTURE

**Twitter feed**

**Today, Kerry Washington is letting the sunshine in, Kevin Hart is getting nuts with social media and Ed Sheeran is remixing the classics.**

**@kerrywashington: Just landed in London... And the sun is shining?!?!?! Wooooooo hooooooooooooo**

**@KevinHart4real: I'm officially on Snapchat people....add me now damn it....Hurry up....Do it...Do it nowwwww....I'm getting angry.**

**@edsheeran: It was the best of times, it was the blurst of times**

# Let's pick names for Kim Kardashian's next baby

ALL PHOTOS GETTY IMAGES

Kim Kardashian and Kanye West are having another baby, and it's only partially to boost ratings for "Keeping Up With the Kardashians." Obviously, this is at least a little about giving toddler North a sibling to play with. Plus, now she'll have something Blue Ivy doesn't, so there. "We are so beyond excited," Kardashian tells Glamour. "If it all went away, and I was just a mom, I would love my life." I would love that, too, actually. Can we discuss that idea further?

Now, of course, comes the tough part: predicting the baby's name. Obviously the smart money is on South (if it's a boy) or Mid (if it's a girl), but since we have a bit of time before Kim's due, I thought I'd offer up some alternative ideas for what to dub Baby No. 2 by firing up the old Random Baby Name Generator one more time. I am, if nothing else, here to help.

- **East Meets**
- **Kim Jr.**
- **Selfie**
- **The Other North**
- **Hillary Rodham**
- **Baby™**

What do you think? Got any better ideas? Let's hear them.

# George Clooney changes his tune on fatherhood

George Clooney finally — finally! — addressed that whole babies question that's been plaguing him at just about every stop on his "Tomorrowland" press tour. And the verdict? He and new bride Amal Clooney are totally up for having kids. Eventually. German newspaper Bild finally got him to talk — they have ways, I'm told — asking quite directly if he and Amal were interested in starting a family. "Yes, but we're taking our time," George responded. Not to put too fine a point on it, but maybe if old Georgie had offered up this revelation prior to the film's release, "Tomorrowland" might've done better.

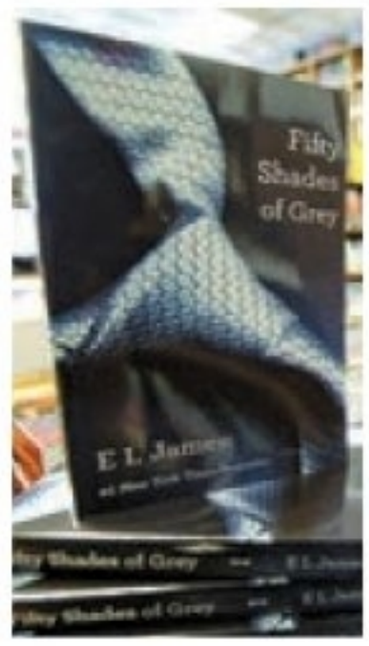
# THE WORD

Ned Ehrbar takes on the world of gossip.

**NED EHRBAR**
@Nedrick
ned.ehrbar@metro.us

# The 'Fifty Shades of Grey' book you never asked for is coming

Assuming you're not completely sick of all things "Fifty Shades of Grey"-related just yet, author E.L. James is eager to keep trying. James announced that she's releasing a new version of the "Twilight"-inspired best-seller later this month that retells the story from Christian Grey's point of view. So, you know, "American Psycho," but with less murder. "Christian is a complex character," James says in a statement. "And readers have always been fascinated by his desires and motivations and his troubled past. Also, as anyone who has ever been in a relationship knows, there are two sides to every story." We really should have seen this coming, honestly, since Stephenie Meyer did it with "Twilight"




— retelling the story from Edward Cullen's perspective in "Midnight Sun" — and "Fifty Shades of Grey" has never shied away from how much it rips off that supernatural romance saga. I can't wait to not read it.

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# One lucky person gets a Furiosa Barbie

FATUGLYGEEK.TUMBLR.COM

There's enough time before the holiday shopping season for Mattel to seize on this idea, but until then, if you want a Barbie doll version of Imperator Furiosa, Charlize Theron's bad-ass "Mad Max: Fury Road" character, there's only one place to go, and that's eBay. Also, there's only one doll in existence, being auctioned off by artist Joi Weaver (@joi_the_artist), and man is it a cool-looking toy. So, as they say, how much would you pay? Bidding closes Friday, so think fast.

**Daily video**

## Delta's new in-flight video is basically YouTube meme whack-a-mole

DELTA, YOUTUBE

So what does being Internet famous really get you? A cameo in Delta's latest super-gimmicky in-flight safety video, apparently. The airline debuted the clip to much fanfare online, but I can only imagine how less web-savvy passengers head-scratchingly react to it on actual planes. A lot of the video just serves as a reminder of some of the really stupid stuff we've turned into new-media cultural icons, like Keyboard Cat, Annoying Orange and the dreaded Harlem Shake. Really, we should all be ashamed of ourselves. But I just can't stay mad at Dramatic Chipmunk. And it's nice to see the Double Rainbow Guy getting out of his cabin, at least.

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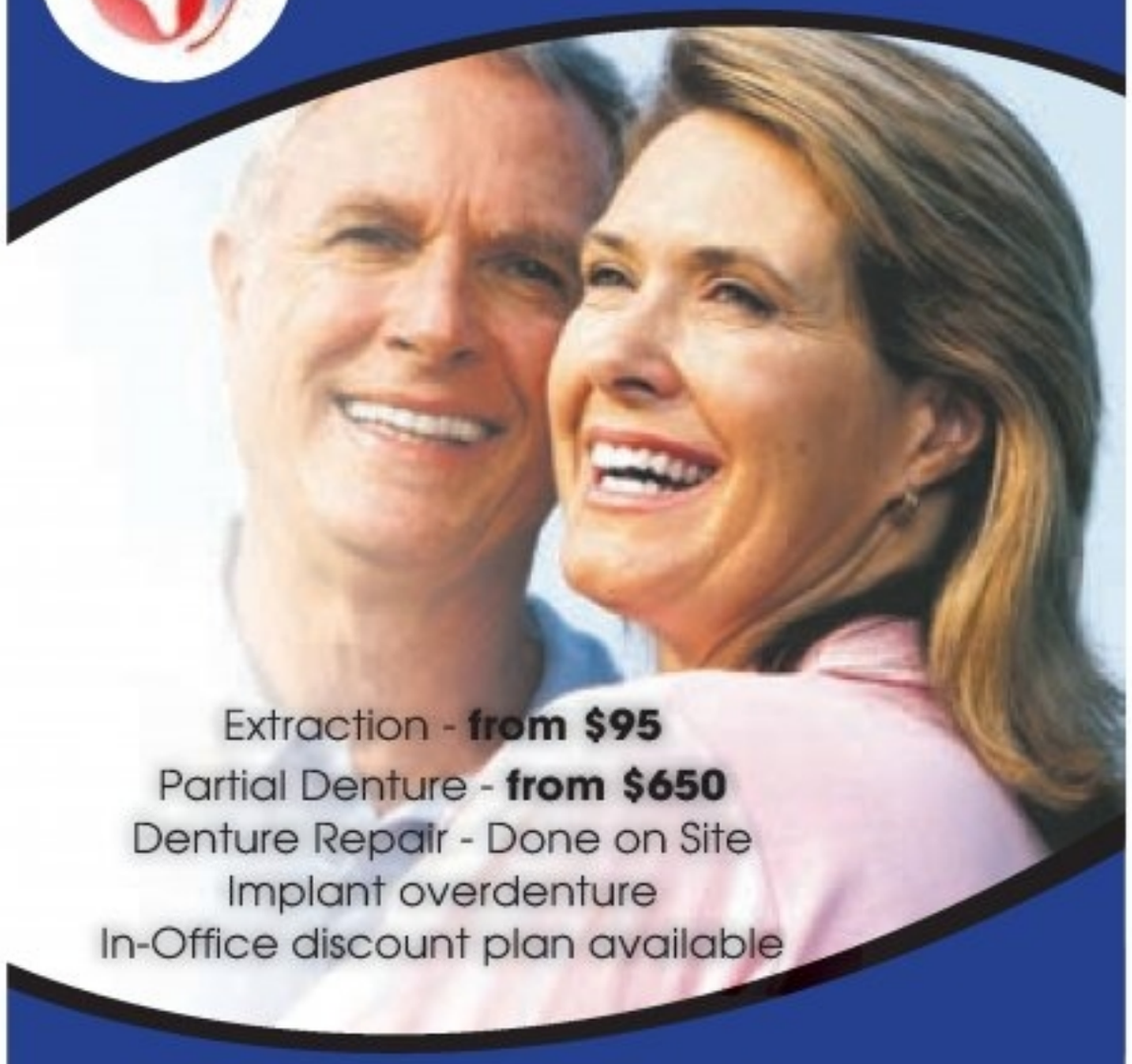

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# Cobie Smulders and Guy Pearce hit the gym

**Interview.** The stars of "Results" make fun of kettleballs and other fitness fads.

Guy Pearce and Cobie Smulders get close in "Results," in theaters Friday. / MAGNOLIA PICTURES

In the indie rom-com "Results," Cobie Smulders and Guy Pearce play fitness gurus, the former who gets involved with a slubbish customer (Kevin Corrigan). They're the first big-name actors to star in a film by Andrew Bujalski, the indie wunderkind of "Funny Ha Ha" and "Computer Chess," and for all involved, it was clearly a revelatory experience, even if, for Smulders and Pearce, it took them to the gym — a place they know very well.

GETTY IMAGES

**You'd both known Bujalski's work before you signed on. What was it about his films that drew you into his world, especially given that they tended to star friends?**

**GP:** I just really liked him. I think he's got a really interesting take on the universe. I want to work with that.

**CS:** Watching Andrew's older stuff, I thought we'd be making stuff up a lot and playing around. Maybe because Andrew worked so hard on the script — and listen, the script was so good — there wasn't that much that needed to be tweaked.

**Both of you have long experience with gyms.**

**GP:** It's a newish world for Andrew. He said he'd put on some weight a couple years ago, so he thought he'd try to get fit and lose some weight. He thought it was a fascinating world. But it was also a new world for him. It was interesting to discuss what things have changed over the years, which he's only experiencing now.

**How has gym culture changed?**

**GP:** Well, they're fad-oriented, gyms. F—ing kettlebells are in now. Everyone is doing kettlebells now, and they all look like they're about to wrench their neck muscles. It looks horrendous. When I started going to gyms in '81 or '82, aerobics was huge. I don't see anyone doing aerobics now.

**CS:** No, but they're doing spin classes. I do SoulCycle a lot, and I had a friend who said, "Have you tried SoulCycle underwater?" I was like, "What are you saying to me right now?" It's like SoulCycle, but your bike and you are submerged. You're underwater and you're peddling so it's adding this resistance. I was like, "Come on." You have to constantly be changing if you're in the fitness business.

**GP:** With fitness, there's a big belief that all your answers are in there somewhere, for every problem you have in your life. People come out of relationships or difficult times or they don't know where they are in life, and they get obsessed with going to the gym — obsessed with fitness and with diets.

**CS:** It's all about control, too. In your life, the one thing you have some control over is how you look.

**One more thing**

**Cobie, though it's hard to tell, you actually made this film while you were pregnant.**

**CS:** I was full-on pregnant. I was five to six months pregnant. It was actually quite fine. I hit it at a good place in my pregnancy. I just kind of made it work. But in terms of the working part of the role, I definitely wasn't able to push myself to places I wanted to go. I just had to make sure it was all in a healthy way.

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TV watch list

The "Liars" look like they're having a pretty rough premiere. / ERIC MCCANDLESS, ABC

DRAMA

## 'Pretty Little Liars'

The ladies are back for a sixth season, and they're trying to deal with Charles and his dollhouse while their various gentlemen (Caleb, Toby and Ezra) try to find them.

**SEASON PREMIERE, 8 P.M., ABC FAMILY**

MOVIE

## 'The Adjustment Bureau'

This sci-fi romance came from a story by Philip K. Dick, but unlike the dark and paranoid "Blade Runner" or "Minority Report," this one has some awfully charming rom-com moments between stars Emily Blunt and Matt Damon, who have great chemistry.

**8 P.M., AMC**

COMEDY

## 'Inside Amy Schumer'

Amy will be getting a mail-order husband in tonight's episode, which we hope goes better than the dream man she and some friends created in a recent episode who was incapable of speaking.

**10:30 P.M., COMEDY CENTRAL**

TALK SHOWS

## 'Jimmy Kimmel Live'

Jimmy has some very esteemed guests on this evening: your new Scripps National Spelling Bee co-champions, Vanya Shivashankar and Gokul Venkatachalam. **11:35 P.M., ABC LISA WEIDENFELD**


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# Mabreen Simon

Our beloved and beautiful wife and mother, Mabreen Simon, went to be with the Lord on Friday May 29th, 2015.

She fought long and hard, but the Lord wanted her with Him and out of pain. Mabreen is survived by her husband Rev Dr. S. David Simon, Her children Sumit David, Susanna Malini, Sushant Criswell; Daughter in law Maria Kurian & her soon to be welcomed grandchild. She is also survived by her siblings Mab Samuel, Morris & Asha Diamond, Rita & Stanley Portion, Rakesh Diamond and their children and grandchildren. Mabreen was born in Meerut, India, to Martin and Rose Diamond; earned a double Masters in Fine Arts and Political Science. David and Mabreen moved to the United States for good in 1999 to be closer to their Children. By profession she was an Educator, but spent her life being a dedicated mother, champion of her children and a hardworking servant of the Lord standing steadfast by David and their ministry. Her biggest joy was her family and their friends. Her meals were legendary and you were a blessed person to have had the opportunity to sample her cooking, or sit in the light of her abundant and unwavering love. Mabreen had a joy for life, always wanting to be out and amidst the chaos, never sitting still.

*A funeral service to honor the life of Mabreen will be held at*

**11am on Tuesday, June 2nd, 2015** at **St. John's- Newberry United Methodist Church, 2101 Newberry Street, Williamsport, PA 17701-1361** with **Rev. Beth Jones** officiating. There will be a viewing at the church from 10am until the time of service. Following the service a repast will be held at the Church.

Mabreen loved flowers so they are very welcomed should you desire. In lieu of flowers, donations can also be made to the India Mission Fund. Checks can be made in name of Quiggleville UMC for the India Mission Fund and be mailed to Quiggleville UMC, 2055 State Route 973 West, Cogan Station, PA 17728-8655.

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# BATTLE SCENES AND NEW BFF TEAMS

*A thrilling battle sequence and careful character work distinguish "Hardhome," the latest episode of "Game of Thrones."*

This is very "Washington Crossing the Delaware" of them.
HELEN SLOAN, HBO

## Episode MVPs

"Game of Thrones" has had mixed success with large-scale battles. The first time it tried one, in Season 2's "Blackwater," it succeeded by focusing more on the characters involved in the fighting than on the fighting. Last year's "Watchers on the Walls" featured too much fighting and not enough reasons to care about it. The battle in "Hardhome" splits the difference, delivering a concentrated dose of action and staging it very inventively. The White Walkers have been a vaguely menacing presence on the show for seasons, and seeing Jon Snow and company desperately defend against their onslaught paid off all the buildup with gusto.

"Hardhome" also did a lot of other things well. We saw the first talks between Daenerys Targaryen and Tyrion Lannister, two major players who have been inching their way toward a meeting all year. Writers David Benioff and D.B. Weiss treated these scenes with the subtlety and depth they deserved. The conversations seemed to mark the beginning of a beautiful friendship rather than coming across as fan service.

**'Thrones' on the Web**

WINTER IS COMING

As the editor-in-chief for Winter Is Coming, Dan Selcke spends his time writing about the latest "Game of Thrones" news and preparing for the long night that will have no end.

Read more at **Winteriscoming.net**.

## Our watch for next week begins

While the final third of "Hardhome" was given over to the battle with the White Walkers, the rest caught us up with characters whose stories will come to a head in the next two weeks. Cersei Lannister remains in a dungeon after getting arrested, and Lena Headey does a wonderful job of making us feel for this often loathsome character as she adjusts to new surroundings. Meanwhile, Sansa Stark picked up valuable information she could use as a bargaining chip as the series heads toward the finale.

**New faces**

## Casting rumors for next year

Although its legitimacy remains unconfirmed, a casting call sheet for Season 6 of "Game of Thrones" recently surfaced online. Apparently, HBO is looking to cast a number of new roles, including that of "an infamous pirate ... with a touch of madness." This sounds like Euron Greyjoy, an important character from the books fans had assumed was cut. If the casting call can be believed, Euron and the storylines he brings with him will show up next year.


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# New in paperback. Emma Hooper tells us about her need to keep moving forward

Emma Hooper is also the solo musician known as Waitress for the Bees. / MARTIN TOMPKINS

Emma Hooper's novel, "Etta and Otto and Russell and James" started out as a very different book than it turned out to be. The book follows a woman in her 80s, Etta, who rises one morning to walk across Canada's prairie land all the way until she sees the ocean.

"Originally, I had [her husband] Otto going on the journey," Hooper tells us. "Then I had a feminist realization that I was doing that as a socially imposed automatic reaction, where the man does [his] thing and the woman waits. I thought it would be much more interesting if I swapped it around."

## Her own journey

Hooper had her own Etta-like journey, albeit on a smaller scale. The author, who is also the solo musician known as Waitress for the Bees, participated in the Land's End to O'Groats bike ride in England, an 875-mile trek that takes almost three months to complete.

"It was very meditative," she says. "I just like that goal, to always move forward."

Despite the journey, Hooper says she doesn't necessarily feel more connected to Etta than the book's other three primary characters. The novel is told through multiple narratives, which Hooper says helped give her momentum as a writer. "I think I'm just a distractible human," she says. "I liked jumping between them."

She also jumps between writing music and books on a regular basis. "You always hit a wall, so it's nice to be able to jump to another creative outlet when that happens," she says.

## Always working

Hooper, who just released another Waitress for the Bees album, teaches creative writing at Bath Spa University in England and is already working on her next book. "It's about mermaids," she reveals. It looks like she isn't slowing down any time soon: always moving forward, one project at a time.

EMILY LAURENCE
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# How your food can love you back

Nikki Dinki shares her tricks to making comfort food healthy on "Junk Food Flip."

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eva.kis@metro.us

Not every foodie begins refining their gourmet palate before high school. Take Nikki Dinki, co-host of Food Network's new show, "Junk Food Flip." Until college, Dinki confesses to having the palate of a 2-year-old.

Growing up, she only ate three foods: cheese, bread and tomato sauce. But this also meant she mostly cooked for herself beginning at age 9, when her mother gave up trying to force her to eat what she made for the rest of their family. Left to her own devices, Dinki stopped trying new things entirely — which later made going out in NYC problematic. "It was difficult to go to restaurants with new friends or to go on a date, and it was embarrassing," she says. "So I decided to change it."

Fast-forward a few years, and Dinki's tastes (and skills) have grown to inspire her new show, which follows her and co-host Bobby Deen (son of Paula, so he knows all about comfort food) around the country to reimagine guilty pleasures into healthier options, which they then taste test side-by-side with the original version.

**It can be a huge challenge to get someone, especially kids, to try a new food. What helped you branch out?**

"Repetition is the key!," says Dinki. "But it can be hard to eat broccoli 30 times if you absolutely hate it. What I like to do is add vegetables to dishes people already love, like pizza and enchiladas. The vegetable isn't as assertive in these cases, and people then have the opportunity to get used to the flavor of a new vegetable in a more subtle way." Another tip: "Add lots of other flavors to things you don't like," says Dinki. "Steamed broccoli is not very good, but when you char it and finely chop it with roasted garlic, sour cream and chickpeas and fold it into a taco — now we're talking!"

## Sneaky calories

"If an ingredient is going to have a lot of fat and calories, it should also be adding a lot of flavor," says Dinki. Instead of packing your tacos full of cheese, put it on top so it's the first thing to hit your tongue. "And use stronger cheeses so you don't have to use as much," she adds. And even if you think you're being good by using olive oil, remember that every tablespoon has 120 calories. If you're just using it to cook, keep it to a teaspoon, or use a cooking spray instead. "And if you love an oily tomato sauce, start with just a little olive oil and finish with a little more — the olive oil that you finish with is really potent and makes an impact," she says.

We asked Dinki where we're going wrong with our favorite foods.

## Deep-frying

Dinki says you'd be shocked to know how many calories frying adds: "On one episode of 'Junk Food Flip,' the dish we flipped had a sprinkle of deep-fried bacon on top. The bacon alone added 600 calories! Simply pan frying can save you serious calories."

## Portion size

"Take a small portion of pasta — you know, the size you're 'supposed' to eat — and add vegetables to it," she says. "Vegetables are so low in calories that you can add as many as you want and not even count them." Not only will you be adding nutrition, but the portions will suddenly be huge!

## Meat as the star

Dinki's approach to food is right in the title of her upcoming cookbook: "Meat on the Side." "To allow veggies to take center stage on the plate, you have to do things that maybe most people have never thought of before," she says. She likes to add ancho chili powder and chipotle to sweet potatoes, broccoli and spaghetti squash and "make killer tacos."

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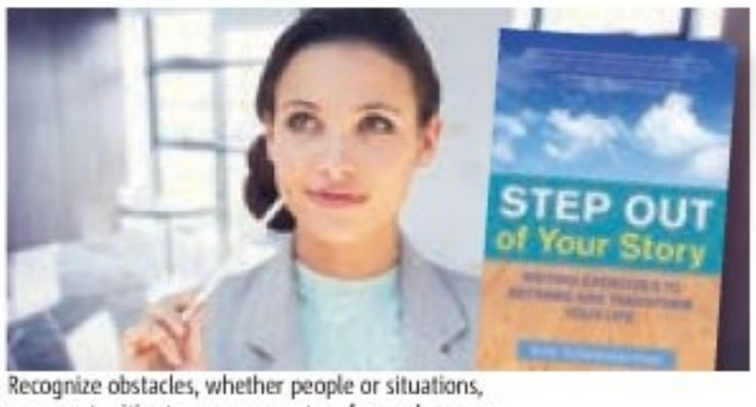
# Antagonists are personal trainers for the mind



Recognize obstacles, whether people or situations, as opportunities to move your story forward. / ISTOCK

Does the same type of character keep showing up in your life and pushing your buttons? These people may look nothing alike, but they keep presenting you with more or less the same frustrations and issues. Or perhaps there's a negative situation you keep finding yourself struggling with: picking up the slack and getting no credit, dating high-maintenance women or neglectful men. Why do the same things keep appearing in your storyline?

In my new book, "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," out now, I recommend looking at life as a narrative and exploring it through writing. And every good story needs conflict to move it along, right? While we may not like or appreciate antagonists, they play an instrumental role in shaping our plotlines and our character. Think of them as personal trainers who push us beyond our perceived limitations to develop our flabby, underutilized emotional muscles.

## Learn to find the positive

Instead of thinking of antagonists as obstacles, learn to see the positive character traits they helped develop in you. For example, a successful executive with a history of being judgmental about the less fortunate may, upon losing his job, find himself developing a greater degree of compassion. Similarly, a newly divorced woman who took a passive role in her relationship with an alcoholic spouse may need to become assertive to move forward in life.

## Embrace opportunities to change

Every protagonist has a character arc, a particular way they mature and develop in response to the shifting tides of their story. At the outset, the protagonist possesses certain viewpoints and capabilities that have gotten them by. Inevitably, situations arise that challenge these perspectives or demand skills they don't yet possess, thus creating the main conflict. Ultimately, the protagonist faces an opportunity to change in some way. The degree to which you embrace this challenge, or try to avoid it, determines who you become — for better or worse.

## Give yourself credit

Recognize the subtle events that help shape your character, such as facing a fear, changing an attitude or kicking a bad habit. While this is not necessarily how society traditionally measures success — when was the last time you bumped into a friend who announced, "Great news! Yesterday, I conquered my need for my boss's approval, and today I didn't scream at my son when he accidentally spilled milk all over the floor!" — for psychotherapists (and writers), these kinds of changes mark meaningful progress in someone's lifelong development, whether that person is a client or an imagined character.

Once we accept that our antagonists and problems have something valuable to teach us, we can begin to mine the gems of the situation — whether or not our story unfolds to our liking. Suddenly, responding to conflict with anger and resentment or, alternatively, with introspection and empowerment, becomes a conscious choice, transforming our personal narrative into a hero's story.

*Once Upon a Couch*

**KIM SCHNEIDERMAN, MSW, LCSW**
STEPOUTOFYOURSTORY.COM

Kim Schneiderman, LCSW, is a psychotherapist and the author of "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life." Email Kim your questions at askkim@metro.us.

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Kayla Itsines lives in Adelaide, a beachside city in Australia, and makes bikini-ready bodies the focus of her diet/exercise program. JEREMY BUTLER

# Beach body

Instagram fitness star Kayla Itsines shares her nutrition tips.

ELODIE NOEL, MWN
@MetroPhilly
letters@metro.us

If there's ever a time to avoid Instagram, it's when we're red in the face, huffing and puffing while exercising. But for Kayla Itsines, it's all in a day's work(out).

Then again, the 23-year-old fitness instructor is sweat-free and picture-perfect in her posts (@kayla_itsines). It's perhaps the reason that the trainer, based in Adelaide, Australia, has 2 million followers on Instagram, including Victoria's Secret angel Candice Swanepoel and Australian swimming gold medalist Stephanie Rice.

"I love how it makes me feel, definitely," she tells Metro. "Staying fit keeps me healthy and happy — it positively affects my mood, sleep and self-esteem. I love that my body has created a habit and thrives off exercising."

An avid basketball player and general health enthusiast, she veered off her beauty-therapy path after high school to focus on personal training to help teach others the joy of a healthier lifestyle. Not satisfied with the techniques she was being taught, Itsines developed her own High Intensity Training workouts with the goal of bikini-body confidence and shares them on her website (she's also doing a boot camp tour of the world this spring). Itsines shares before and after images of her clients' success stories.

"Rather than being a weight-loss or muscle-gaining program, my guides focus on helping women achieve a particular look and, most importantly, the feeling of absolute confidence," she says.

## Finding motivation

To stick with your fitness goals, make them personally meaningful by answering the question "Why am I doing this?" If you feel your motivation lagging, "Remind yourself why you want to make a change," Itsines says. "There's no better motivation than seeing how far you have come, so start to make healthier lifestyle choices because you want to."

Itsines' favorite way to feel the burn is box jumps. "I motivate myself by measuring my personal progress, so box jumps are perfect. It's so rewarding when you can jump at higher heights and at a faster pace. I love to add in a tuck jump or a pushup in between each jump to really challenge myself." And, of course, she loves a toned core: "Abs, abs and more abs! I love every kind of ab exercise, but if I had to choose one, it would be toe taps."

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# beautiful

Why sit when you can do tricep dips?
INSTAGRAM

Itsines' method has a strong nutritional component. She shared her top healthy eating tips to take your new wellness inspiration beyond the gym and into the kitchen.

## Diet tips

**1 Moderation.** A lot of her clients come with an all-or-nothing attitude, which can lead to overeating or, at the other extreme, anorexia. It's OK to treat yourself — just keep it to once a week.

**2 Always eat breakfast.** Fuel your body with complex carbs, protein and healthy fats to ensure you're ready for the day ahead. Try poached eggs with avocado toast.

**3 Eat protein at most meals.** Protein helps you feel fuller for longer and aids in balancing your blood sugar levels.

**4 Be realistic.** Improve your eating habits one step at a time. Make small, realistic diet changes that are going to be maintainable. Soon you'll notice that these small changes have become an entire lifestyle habit.

**5 Variety.** Switch up your ingredients and cooking methods to keep things interesting. Put down the salt and pick up some fresh herbs to punch up flavors.

**6 Be prepared.** This will not only help save money but will also stop you from buying fast food when you just can't be bothered to cook.

**7 Swap it.** There are so many healthier alternatives available, so keep your eyes open for them and make smart choices — like yogurt and berries instead of ice cream.


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## Horoscope

**♊ Gemini | May 22-June 20**
Don't reuse ineffective methods when it comes to chasing your dreams. Make sure everyone knows you have something to offer.

**♋ Cancer | June 21-July 22**
Your resiliency will be tested. Keep your emotions in check. An issue that began under difficult circumstances will turn.

**♌ Leo | July 23-Aug. 22**
Be bold. Demonstrate your talent to your superiors. Your attention to detail will make the difference between what you offer and the services of a rival.

**♍ Virgo | Aug. 23-Sept. 22**
Don't listen to critics. Trying to please everyone is pointless. Get together with friends who share your ideas and ethics.

**♎ Libra | Sept. 23-Oct. 22**
The insight of a casual acquaintance will provide the catalyst for a new career path. Seek out the opinions of those with experience.

**♏ Scorpio | Oct. 23-Nov. 21**
Concentrate on working alongside your allies and supporters. Don't waste time on skeptics. You and yours will make headway if you stick together.

**♐ Sagittarius | Nov. 22-Dec. 21**
Don't make rash decisions. Take your emotions out of the equation and assess your situation honestly. You can still succeed.

**♑ Capricorn | Dec. 22-Jan. 20**
Someone you trusted will let you down. Rehashing the situation won't change matters; it will only postpone the inevitable.

**♒ Aquarius | Jan. 21-Feb. 18**
Carve out a comfortable niche for yourself and your family. You don't have to spend a lot of money. A safe environment is a refuge during unsettling times.

**♓ Pisces | Feb. 19-March 20**
Make the truth a priority. Reneging on a promise will cause a major disruption to an important relationship.

**♈ Aries | March 21-April 20**
Romance is in the stars. Your vivid imagination will be yearning for a new adventure. This is the right time to go exploring for the happiness you desire.

**♉ Taurus | April 21-May 21**
You can outmaneuver the competition if you produce instead of dispute. A war of words will waste time and keep you from finalizing plans. EUGENIA LAST

## Sudoku: Easy and hard

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| | 3 | | | 5 | | | 7 | |
| | 8 | | 1 | 3 | | 6 | | |
| | | | 7 | | | 5 | 9 | |
| | 2 | | | 1 | | | | 7 |
| | | 3 | 4 | | 7 | 2 | | |
| 8 | | | | 6 | | | 5 | |
| | 1 | 8 | | | 5 | | | |
| | | 7 | | 9 | 6 | | 1 | |
| | 5 | | | 4 | | | 2 | |

| | | | | | | | | |
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| | | 1 | 9 | | | | 5 | |
| | | 3 | 2 | | 6 | 1 | | |
| | 8 | | | | 1 | 2 | | |
| 1 | | 9 | 5 | | 8 | | | |
| | | 8 | 7 | | | 5 | 4 | |
| 6 | | | | | 4 | | | |

**How to play**
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Letters to the editor

# *Women deserve strong characters*

**Re: 'Blogger should get her facts straight' (Metro, June 1)** I can understand Ms. Arroyo's confusion. As I have been collecting comics since the early '60s, I can follow her logic. Unfortunately, she is completely wrong. To start with, the Ms. Marvel referred to in the previous article is Kamala Khan, a relatively new addition to the Marvel Universe, appearing for the first time in "Captain Marvel" issue 17, Nov. 2013. The Captain Marvel in that comic had previously been called Ms. Marvel since "Marvel Super Heroes" issue 13, March 1968. Several women have had the name Captain Marvel, and the first in Marvel comics was Captain Mar-Vell, a Kree warrior.

As to the Black Widow not being popular, that is also completely wrong. She is so popular after the first "Avengers" movie, she has her own title. The main argument with the toys is that she was the one on the motorcycle. Captain America was on one in the beginning of the movie and also in the "Avengers" and "Winter Soldier" movies. The argument is that she was the most recent one and to release a toy with him on it, set for the "Avengers 2" movie, is a slap to Black Widow. I happen to agree. Women want and should have strong characters to look up to, and here is a perfect character. She is human, flawed and looking for redemption.
BRIAN GRAU, VIA EMAIL

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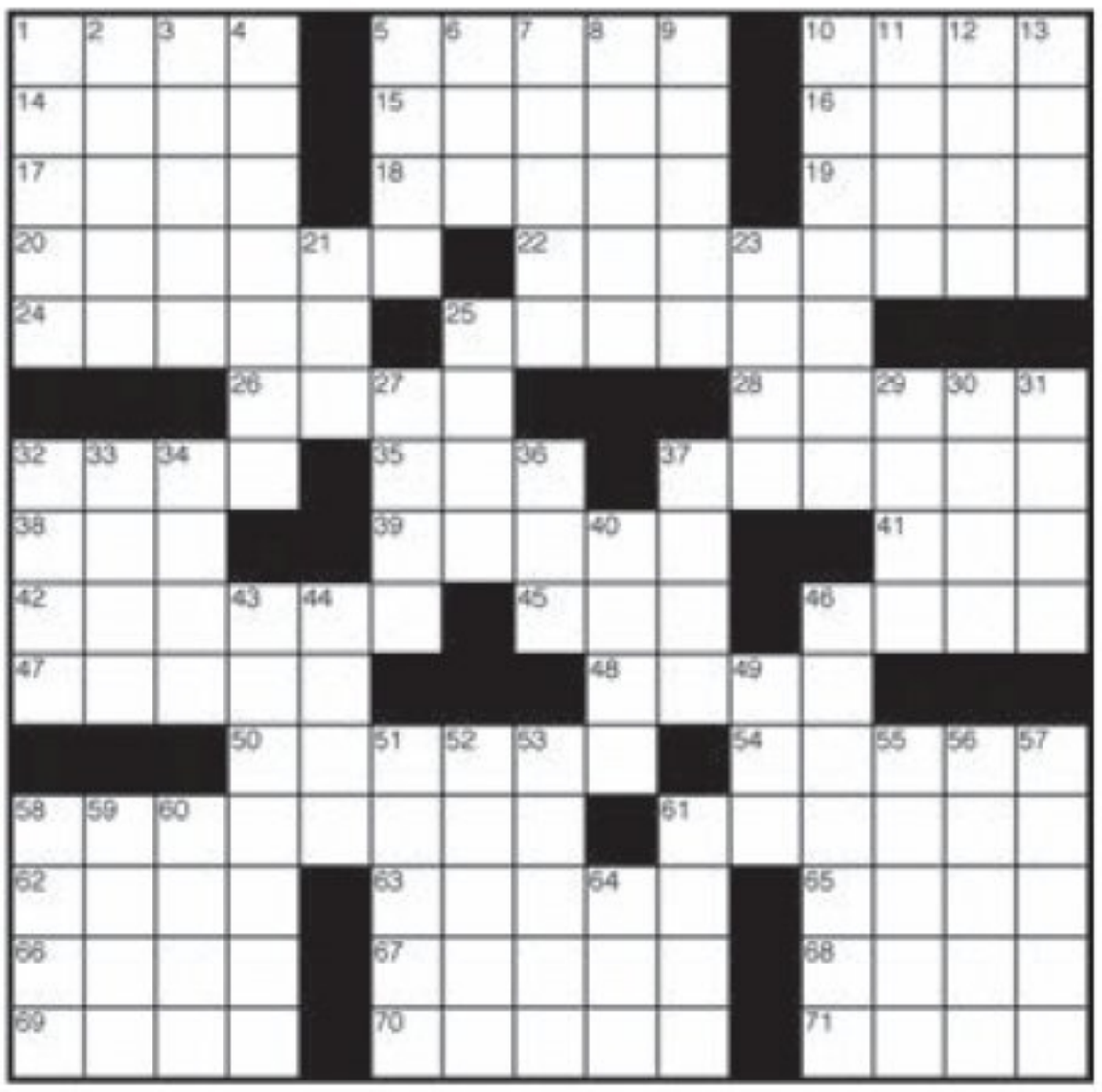
## Crossword

**Across**
1 Smooth-tongued
5 Author Horatio —
10 Every
14 Viking letter
15 Mantle teammate
16 Slugger Moises —
17 Woofs
18 January, in Jalisco
19 Cloudburst
20 Handwriting
22 Pouncing
24 Cast a shadow
25 Wine or root —
26 Emerald Isle
28 Kind of relief
32 — there?
35 Bleachers shout
37 Border town (2 wds.)
38 Friction easer
39 Sedaris' medium
41 Fishtail
42 Causes havoc
45 Stretchy bandage
46 Tureen
47 Asian capital
48 Whodunit terrier
50 — up (got ready)
54 Classic song
58 Was a sunbird
61 Keepsakes
62 Sleuth's find
63 Duplicity
65 Med sch. subject
66 Before long
67 Grouchy Muppet
68 Three squared
69 Scream and shout
70 Wyoming range
71 Hook's henchman

**Down**
1 Lawn planting
2 Stagger suddenly
3 Opposite of "supra"
4 Moreover
5 Foster a felon
6 Writer — Deighton
7 Diving bird
8 Flynn of old movies
9 Cult classic "Eating —"
10 Pendant jewelry
11 Jai —
12 Mint product
13 Like some juries
21 Canadian prov.
23 Table salt
25 High notes
27 Blended whiskeys
29 "Hold the —!"
30 What "vidi" means (2 wds.)
31 Monk's hood
32 Happy shouts
33 Charter
34 Low-fat spread
36 Stiff — — board
37 Potato buds
40 Mil. school
43 Increase
44 Swiss painter Paul —
46 Nations of SE Europe
49 Excessively
51 Tech talk
52 Wear hand-me-downs
53 Mandate
55 Tough fabric
56 Really stupid
57 Ms. Lauder
58 Blemish
59 Humerus neighbor
60 Unstable lepton
61 Gull cousin
64 Philosopher — -tzu

**Yesterday's answer**



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# MACNOW: A QUOTABLE WEEK IN PHILLY SPORTS

*Much was said on the local scene this past week. Let's review the smart, the dumb and the incendiary.*

**"[Fans] don't understand the game. They don't understand the process. There's a process. And then they bitch and complain because we don't have a plan. There's a plan in place, and we're sticking with the plan." – Phillies general manager Ruben Amaro**

Imagine your favorite restaurant starts serving substandard cuisine. You mention it to the head chef, and he browbeats you as a whiner who knows nothing about food. You going back for another meal? Of course not.

In defending his cautious strategy on prospects, Amaro let slip his disdain for a customer base that's grown weary of watching slop. Indeed, Phils fans may not understand "the process," but they are aware that since Amaro became GM in 2009, the farm system has not developed one single impactful player.

**"You can take that as a guarantee [of the Eagles going to the Super Bowl]. That's just me believing in my team and the product we're going to put out there on the field. I really do believe that." – Eagles free agent cornerback Byron Maxwell**

And so a fan base cringed. We've been down Bold Proclamation Boulevard before — with the "gold standard" and the "Dream Team." It never ends well. How could Maxwell, here just two months, start channeling Joe Namath and Mark Messier? This has to end badly, right?

But you know what? I like it. Byron Maxwell didn't live through our ignominious history and shouldn't be governed by our fears. He's a rising star and Super Bowl champ, aiming to infuse swagger into his new team. If he wants to be the lightning rod, let's not allow our neuroses to get in the way. Be the man, Byron.

**"Ending the season the way we did — didn't make the playoffs — in hindsight is almost a good thing because it forced the coaches and the organization to reevaluate what we had." – Eagles center Jason Kelce**

I initially blanched at this. Who could find an upside after 2014's collapse from a 9-3 start? But Kelce is correct in that last season's team wasn't nearly as good as its record through November. The drubbing by Green Bay revealed that.

Chip Kelly overhauled nearly every unit on the team this offseason after grabbing control of personnel. Whether the Eagles are now good enough to win in the playoffs remains to be seen. But give Kelce credit for admitting that, before this, they were just spinning their wheels.

Opinion

GLEN MACNOW

REALGLENMACNOW

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.

Maxwell certainly enters spring practices with confidence. / GETTY IMAGES

**Macnow on Kelly**

**"I'm not governed by the fear of what other people say. Events don't elicit feelings. I think beliefs elicit feelings, and I understand what my beliefs are, and I know how I am. ... You start chasing perception, and you've got a long life ahead of you, son." – Chip Kelly**

- We all like to believe that we don't care what others think about us. Kelly is that rare instance when it's true. Brilliant, just brilliant.

Seven and counting

## Phillies keep losing, playing worse and worse

Freddy Galvis has gone 3-for-21 (.143) during the seven-game losing skid, down from over .300. / GETTY IMAGES

There was a possibility that the Rockies were going to be a tonic for the struggling Phillies. The Phillies played well during their last road trip in Colorado. However, the season has hit its nadir. The Phillies have lost seven straight games. The Rockies, who beat the Phillies 4-1 Sunday afternoon, swept a series in Philadelphia for the first time in franchise history.

None of the three games against the team with the fifth-worst record in the league were particularly close. The Rockies beat the Phillies' best pitchers, Cole Hamels and Aaron Harang, and had no problem with Jerome Williams Sunday.

Williams, who lasted just five innings, gave up a pair of two-run homers. That's much more than the Phillies' moribund offense could generate.

"We fell behind early and were unable to do anything on the offensive side," Ryne Sandberg said. "We just struggled with the bats."

That sums it up during the Phillies latest terrible patch of baseball. The Phillies were 0-23 with runners in scoring position until Odubel Herrera singled in the seventh, which loaded the bases with nobody out. However, the Phillies failed to score. Ben Revere struck out to end the ending. It was emblematic of the Phillies season as a whole.

"It's frustrating," Revere said. "But you've got to move forward."

The Phillies have made little progress this season. The team has lost 33 games before playing a minute of June baseball.

"The only way is to go up from here," Revere said. "We've got to forget about things and move on. We're a young team. We've got to learn from all of this and get better."

ED CONDRAN

3 SPORTS

The struggle continues

### Phillies to host Reds

**After Monday's day off for the Phillies Phestival, an annual event to raise money for Phillies charities, the Phils are back in action with three games at home against the Reds. Tuesday will pit journeyman Sean O'Sullivan against Cincinnati's Johnny Cueto, who is making his first start since May 19 after missing one start with right elbow stiffness. Cueto said "every single pitch was good" during a bullpen session on Sunday. Wednesday will see Cole Hamels on the hill facing Mike Leake. Hamels was stellar during his most recent start, a loss to the Rockies Friday, but the Philadelphia offense couldn't life him to a win after he gave up a pair of solo homers. Thursday, another night game (all three games start at 7:05 p.m. and air on CSN) has its pitching matchup to be determined.**

# MEDICAL RESEARCH

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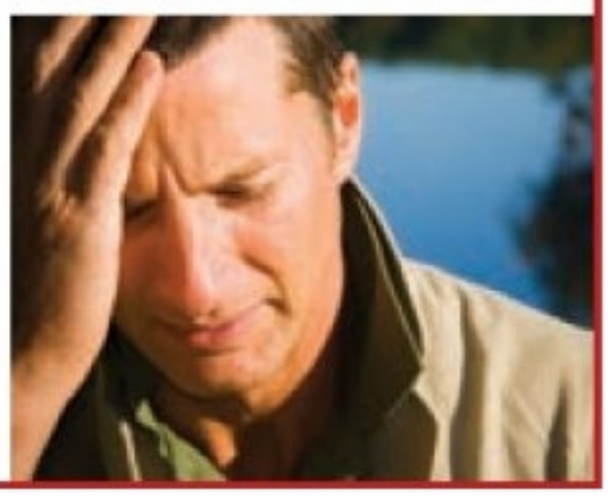

Jets' head coach Todd Bowles is a proud Temple Owls alum. / GETTY IMAGES

# Bowles coaches way he played at Temple

**NFL.** Todd Bowles has the same philosophy as coach of the Jets as he did when leading Temple's defense.

It was a play that personified Todd Bowles and his time at Temple, where the now Jets head coach was a collegiate star safety for the then resurgent Owls.

Bowles was a redshirt junior in 1984, playing in a cast due to an arm injury suffered earlier that season. On this particular play, Bowles had the assignment of Florida State's running back, a player whom college teammate David Donald called "a really fast guy, maybe the fastest player on the field." The play was a pass to the running back and Bowles, blessed with tremendous instincts, closed in.

He deflected the pass with his arm — the one in the cast — to break up the play. Teammates on the sideline cringed as they watched the play, knowing the overwhelming pain that a hard thrown football to a broken arm must have caused.

"If he had both hands, he'd probably have an interception," Donald said.

His former teammate said that the play personified Bowles, willing to use his cast and his broken arm to benefit his team. No matter that Temple lost the game 44-27, that's the play that sticks out in the mind of Donald.

Now head coach of the Jets, Bowles brings that mentality and approach to the game to a franchise closing in on five decades since their last Super Bowl appearance, let alone championship — a team that hasn't made the playoffs over the past four seasons and hasn't had a winning record since 2010.

He doesn't use many words, the exact opposite of his predecessor who used too many words to too little of an effect. Bowles is quiet and a bit reserved.

Even as a player, Bowles exhibited signs of being a head coach on the field. Charley Casserly, the general manager of the Redskins during Bowles' two stints with the team, remembers him as "a very smart player, excellent instincts, studied the game. A quarterback on the field, a high character guy."

Impressions, and making them, are not new to Bowles.

"He was not showy. He was a great sport, just a class act all the way," Donald said. "A guy with a tremendous amount of character early on."

**Quoted**

**"I can tell you that he was always a leader by action, and he was a guy that you just knew was never going to get in trouble, always tended to be doing the right thing."** David Donald

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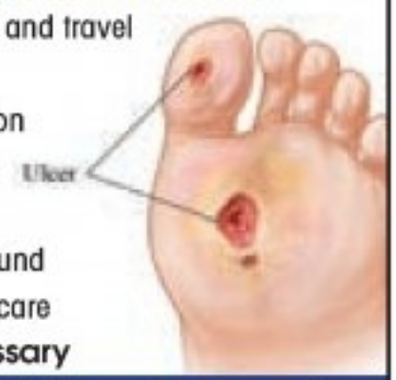


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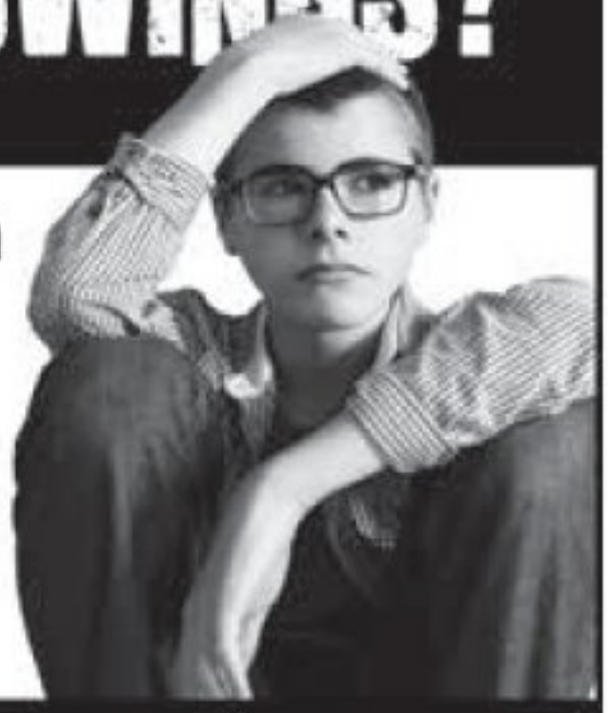

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